



HAMAMA RECIPES

Bok Choy Microgreens

By Team Hamama

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Miso Soup

With Shiitake Mushrooms /
Ginger / Tofu / Sesame Oil /
Bok Choy Microgreens

~35 min / Serves 4-6

Ingredients

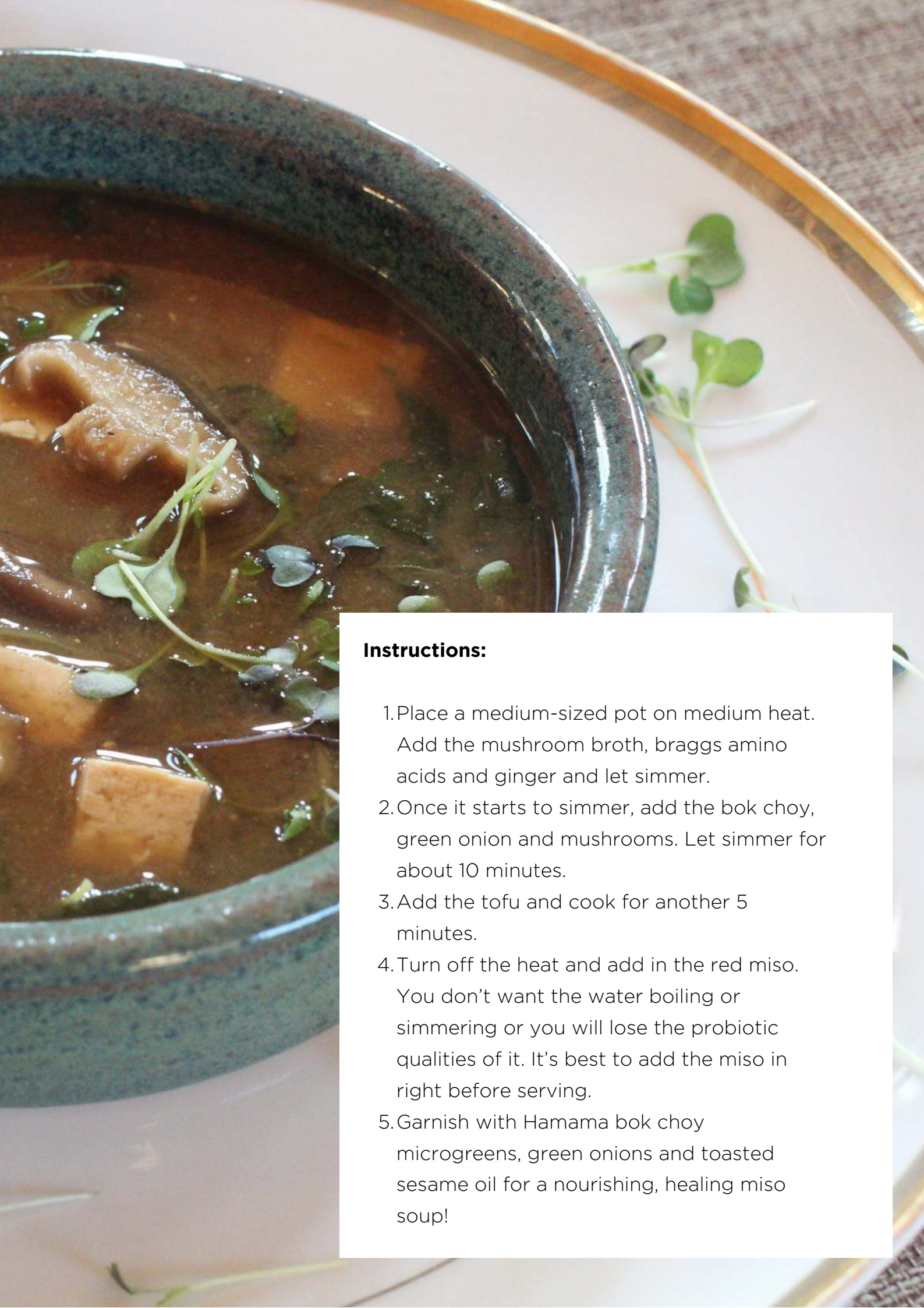
- 6 baby bok choy
- 1 tbsp ginger, minced
- 1 green onion, chopped
- 8 oz shiitake mushrooms, chopped
- 1 block firm tofu, chopped into small cubes
- 6 cups mushroom broth
- 4 tbsp red miso
- 2 tbsp bragg's amino acids, or soy sauce

Garnish:

- Hamama microgreens
- Green onions, chopped finely
- Toasted sesame oil, a drop for added flavor



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Instructions:

1. Place a medium-sized pot on medium heat. Add the mushroom broth, bragg's amino acids and ginger and let simmer.
2. Once it starts to simmer, add the bok choy, green onion and mushrooms. Let simmer for about 10 minutes.
3. Add the tofu and cook for another 5 minutes.
4. Turn off the heat and add in the red miso. You don't want the water boiling or simmering or you will lose the probiotic qualities of it. It's best to add the miso in right before serving.
5. Garnish with Hamama bok choy microgreens, green onions and toasted sesame oil for a nourishing, healing miso soup!

Coconut Curry Ramen Soup

With Tofu / Ginger / Lime /
Coconut Milk / Oyster
Mushrooms / Bok Choy
Microgreens

~60 min / Serves 4

Ingredients

Tofu:

- 14-oz package extra firm tofu
- 1 tsp cornstarch
- Drizzle of oil and soy sauce
- 2 tbsp hoisin sauce

Coconut Curry Ramen:

- 2 tbsp coconut oil, divided
- 1-2 cups oyster mushrooms
- 2 bok choy, chopped (about 1-2 cups)
- 3 cloves garlic, minced
- 1-inch piece fresh ginger, peeled & minced
- 1 tsp curry powder
- 6 cups vegetable broth
- 6-8 oz. ramen noodles (I used GF brown rice ramen)
- 14-ounce can full-fat coconut milk
- Salt & pepper to taste
- Juice of ½ lime

Garnish:

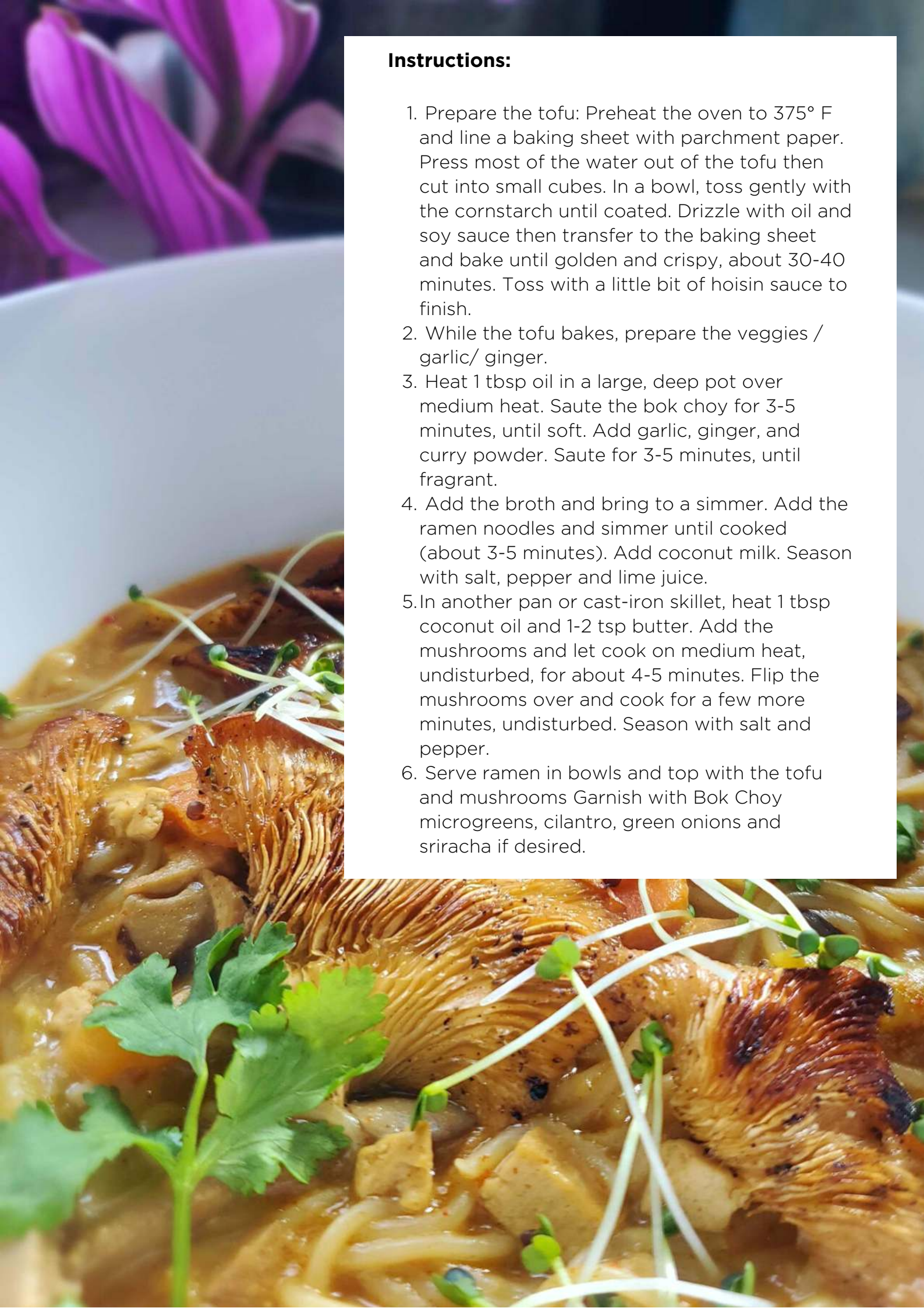
- Bok Choy microgreens
- Cilantro
- Green Onion
- Sriracha



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Instructions:

1. Prepare the tofu: Preheat the oven to 375° F and line a baking sheet with parchment paper. Press most of the water out of the tofu then cut into small cubes. In a bowl, toss gently with the cornstarch until coated. Drizzle with oil and soy sauce then transfer to the baking sheet and bake until golden and crispy, about 30-40 minutes. Toss with a little bit of hoisin sauce to finish.
2. While the tofu bakes, prepare the veggies / garlic/ ginger.
3. Heat 1 tbsp oil in a large, deep pot over medium heat. Saute the bok choy for 3-5 minutes, until soft. Add garlic, ginger, and curry powder. Saute for 3-5 minutes, until fragrant.
4. Add the broth and bring to a simmer. Add the ramen noodles and simmer until cooked (about 3-5 minutes). Add coconut milk. Season with salt, pepper and lime juice.
5. In another pan or cast-iron skillet, heat 1 tbsp coconut oil and 1-2 tsp butter. Add the mushrooms and let cook on medium heat, undisturbed, for about 4-5 minutes. Flip the mushrooms over and cook for a few more minutes, undisturbed. Season with salt and pepper.
6. Serve ramen in bowls and top with the tofu and mushrooms. Garnish with Bok Choy microgreens, cilantro, green onions and sriracha if desired.



Pan-Fried Dumplings

With Chicken / Sesame / Soy
Sauce / Ginger / Garlic / Bok
Choy Microgreens

~1 hr / Makes 48 dumplings

Ingredients

- 48 wonton wrappers
- Coconut oil

Dumpling Filling:

- 1 lb rotisserie chicken, shredded
- 3 cups baby bok choy, chopped finely
- 4 tbsp bragg's amino acids or soy sauce
- 1 tsp fresh ginger, grated
- 1 tsp garlic clove, grated
- 1 tsp cornstarch
- 1 tsp salt

Garnish:

- Bok choy microgreens
- Sesame Seeds
- Green onions, chopped



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Instructions:

1. Add all of the dumpling filling ingredients to a mixing bowl and stir to combine.
2. Scoop about 1 tbsp of filling into each wonton wrapper and wet the edges with water. Bring two opposite corners together. Do the same for each side until all four sides are touching at a point.
3. Each dumpling should resemble a square with a point as each corner is touching the middle. Continue to do this until all of your filling is used up.
4. Once your dumplings are ready, place a medium-sized skillet on medium heat and add the coconut oil. Once heated, add the dumplings in, cooking until the bottoms are golden brown, about 5 minutes.
5. Once golden brown, carefully add in around $\frac{1}{4}$ cup water in the pan and cover with a lid to steam the dumplings for another 5 minutes.
6. Serve on a platter with fresh bok choy microgreens, sesame seeds and green onions.

Butter Chicken

With Ginger / Spices / Coconut Milk / Almonds / Cilantro / Bok Choy Microgreens

~1 hour / Serves 4-6



Ingredients

- 1½ cups full-fat Greek yogurt
- 2 tbsp fresh lemon juice
- 1½ tbsp ground turmeric
- 2 tbsp garam masala
- 2 tbsp ground cumin
- 2.5 lbs boneless/skinless chicken thighs
- ¼ pound butter
- 4 tsp olive oil
- 1 large yellow onion, diced
- 4 cloves garlic, minced
- 3 tbsp fresh ginger, peeled and grated
- 1 tbsp cumin seeds
- 1 cinnamon stick
- 2 medium-sized tomatoes, diced
- 1 jalapeño or serrano pepper, seeded and diced
- Salt & pepper to taste
- ⅔ cup chicken stock
- 1½ cups coconut milk or cream
- 1½ tsp tomato paste
- 3 tbsp finely chopped almonds
- ½ bunch cilantro leaves, chopped

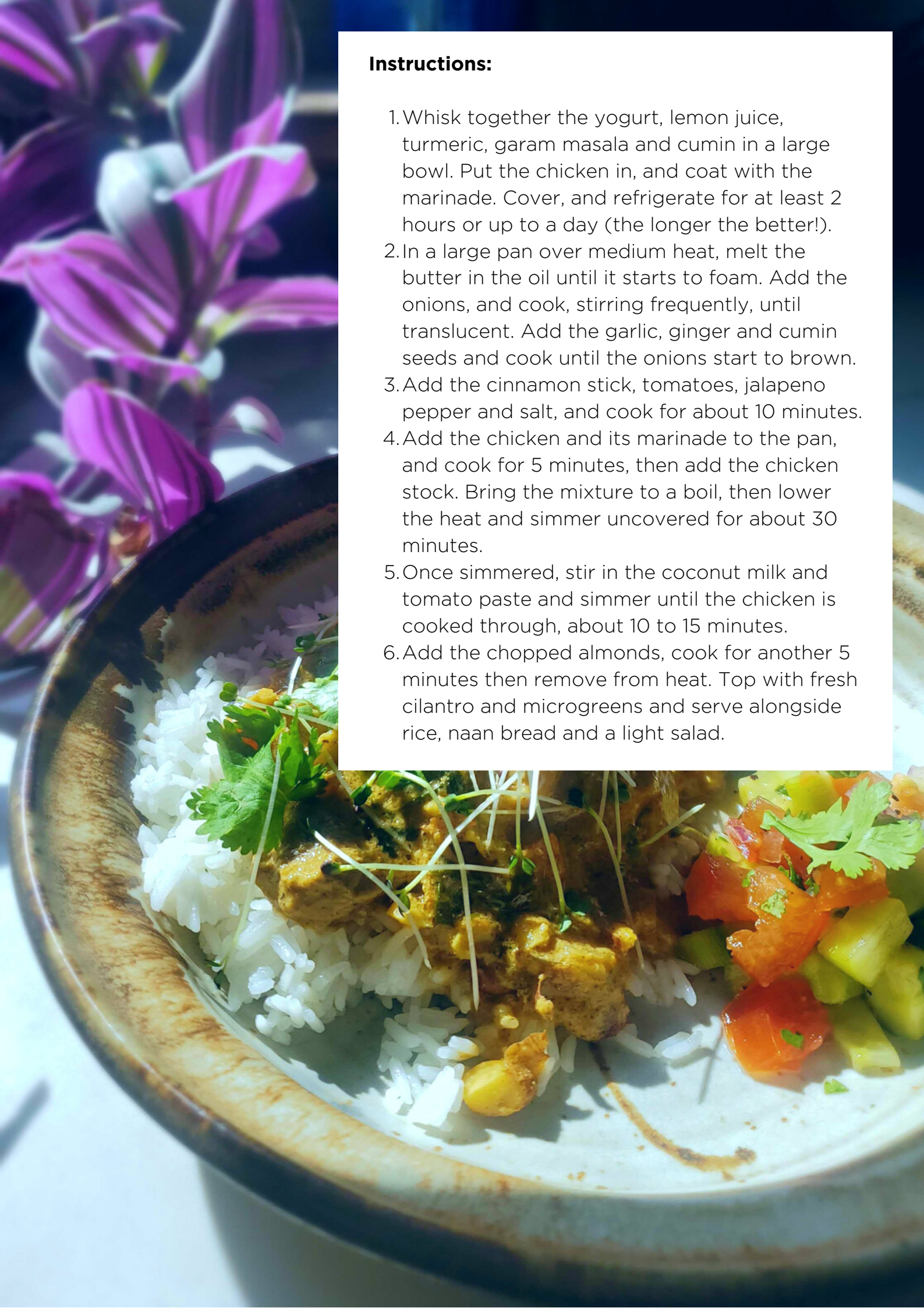
For serving:

- Hamama Microgreens
- Basmati or Jasmine Rice
- Naan Bread
- Kachumber Salad

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Instructions:

1. Whisk together the yogurt, lemon juice, turmeric, garam masala and cumin in a large bowl. Put the chicken in, and coat with the marinade. Cover, and refrigerate for at least 2 hours or up to a day (the longer the better!).
2. In a large pan over medium heat, melt the butter in the oil until it starts to foam. Add the onions, and cook, stirring frequently, until translucent. Add the garlic, ginger and cumin seeds and cook until the onions start to brown.
3. Add the cinnamon stick, tomatoes, jalapeno pepper and salt, and cook for about 10 minutes.
4. Add the chicken and its marinade to the pan, and cook for 5 minutes, then add the chicken stock. Bring the mixture to a boil, then lower the heat and simmer uncovered for about 30 minutes.
5. Once simmered, stir in the coconut milk and tomato paste and simmer until the chicken is cooked through, about 10 to 15 minutes.
6. Add the chopped almonds, cook for another 5 minutes then remove from heat. Top with fresh cilantro and microgreens and serve alongside rice, naan bread and a light salad.



Quick & Easy Ramen

With Coconut Oil / Garlic / Soy /
Egg / Bok Choy Microgreens

~15 minutes / Serves 2

Ingredients

- 5 oz ramen noodles, cooked according to package directions
- 2 tbsp butter
- 1 tbsp unrefined coconut oil
- 2 cloves garlic, minced
- 1 ½ tbsp soy sauce or liquid aminos
- ½ teaspoon red pepper flakes
- 1 tsp brown sugar
- 2 large eggs, room temperature
- ½ teaspoon sriracha seasoning, umami seasoning or your favorite seasoning blend

Garnish:

- Cilantro
- Green Onion
- Bok Choy Microgreens



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Instructions:

1. Prepare the ramen noodles according to the package instructions.
2. In a medium saucepan over medium heat, melt butter. Add garlic and cook for about a minute.
3. Turn heat to low and add soy sauce, red pepper flakes and brown sugar and mix well. Add the coconut oil until melted and combined.
4. Add the cooked and drained ramen noodles and toss to coat in the sauce. Once coated, push the noodles to the side of the pan and add the eggs to the empty space.
5. Scramble the eggs. Once gently cooked, mix them into the noodle mixture.
6. Season with spice blend and top with fresh cilantro, green onions, Bok Choy microgreens and sriracha if desired. Enjoy warm.



For more microgreen varieties, grow kits and inspiration, visit us at hamama.com!

